

San Bruno Senior Center - Adults 50+

1555 Crystal Springs Road - 650-616-7150

Art & Special Interests, Exercise, Music & Dance

Mondays

3-Mile Hike.....8:15am
Intermediate Western Line Dancing.....9:00am
*CeramicsBegins 9/14.....9:00am
*Arm Chair TravelBegins 9/14.....10:00am
Ballroom Dancing (to live music).....10:45am
Bridge.....1:00pm
*Wings Over ItalyBegins 9/14.....1:00pm
BINGO.....1:10pm
Computer Club.....1:00pm
*Gentle Pilates....Begins 9/14.....3:30pm
*Yoga.....Begins 9/14.....4:30pm

Tuesdays

Fun & Fitness Exercise.....9:00am
Beg/Int Tap Dance.....10:00am
Spanish Lessons.....10:00am
Ukulele Lessons.....10:00am
First Time Tappers.....11:00am
Jazz Dance.....12:30pm
Computer Club.....1:00pm
Ballroom Dance Lessons.....2:00pm

Wednesdays

3 Mile Hike.....8:15am
Advanced Western Line Dancing.....9:00am
Stained Glass.....9:30am
Ballroom Dance (to live music).....10:45am
Computer Club.....1:00pm
*Current Affairs....Begins 9/9.....1:00pm
Beginning Western Line Dancing.....1:00pm
Intermediate Western Line Dancing.....2:00pm
Tai Chi.....3:15pm
BINGO.....1:10pm
*Yoga.....Begins 9/9.....4:30pm

Individual Class Fees range
from free to \$5 per class.



Thursdays

Fun & Fitness Exercise.....9:00am
Creative Writing.....10:00am
*YogaBegins 9/10.....10:00am
*Oil/Acrylic Painting ...Begins 9/10.....12:30pm
Softball10:30am
Ballroom Line Dancing.....1:00pm
Coping with Change & Loss Support Group..1:00pm
Pedro (1st, 3rd & 5th Thursday Tournament)...12:30pm
Thursday Night BINGO.....5:00pm

Fridays

3 Mile Hike.....8:15am
Advanced Tap Dance.....9:00am
*Knitting....Begins 9/119:00am
Movie (1st Friday).....9:30am
Music Sing Along (2nd Friday).....11:00am
Computer Club.....1:00pm
Bridge.....1:00pm
Gardening Class.....1:00pm
BINGO.....1:10pm
Ping Pong (2nd & 4th Friday).....1:30pm

*Sponsored by San Mateo Adult Education

San Mateo Adult Education Programs

Held at San Bruno Senior Center

All seniors (50+) are invited to participate in all classes.

Co-sponsored with San Mateo Union High School District

There is a nominal fee for the above co-sponsored programs

<u>Class</u>	<u>Instructor</u>	<u>Day</u>	<u>Times</u>
Ceramics	Ann Grannis	M	9am
Armchair Travel	Aldo Pardini	M	10am
Wings Over Italy	Aldo Pardini	M	1pm
Pilates	Stephanie Funk	M	3:30pm
Yoga	Matt McGovern	Cory M & W	4:30pm
Current Affairs	Jack Mather	W	1-3pm
Yoga	Elizabeth Hackett	Th	10-11:30am
Painting	Jeri McGovern	Th	12:30-3:30pm
Knitting	Joyce Fritz	F	9am

\$30 Class Card per class. \$55 unlimited classes for 10 week sessions.

Daily Drop In Activities

Bocce Ball

Pool Tables

Cards

Twice Monthly Pedro Tournaments

Monday and Friday afternoon Bridge Club

Lunch & Transportation programs sponsored in part
by San Mateo County Area Agency on Aging.